



National Nutrient Database for Standard Reference

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Statistics Report 09083, Currants, european black, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	81.96	4	0.438	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	63	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	264	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	1.40	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.41	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.86	4	0.055	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	15.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	55	3	4.825	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	1.54	4	0.418	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	24	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	59	3	1.878	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	322	4	10.827	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.27	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.086	4	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.256	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamins													
Vitamin C, total ascorbic acid	mg	181.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.398	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin E (alpha-tocopherol)	mg	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lipids													
Fatty acids, total saturated	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total polyunsaturated	g	0.179	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 4 5 6 7 8 9	mg	62.46	50	6.01	50.81	149.4	--	--	--	--	--	--	--
Petunidin 6 9	mg	3.9	--	1.55	0.07	12.3	--	--	--	--	--	--	--
Delphinidin 4 5 6 7 8 9	mg	89.6	50	3.1	59	272.81	--	--	--	--	--	--	--
Pelargonidin 9	mg	1.2	--	0.12	0.79	1.39	--	--	--	--	--	--	--
Peonidin 6 9	mg	0.7	--	0.11	0.26	1.09	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 10	mg	0.7	--	0	0.7	0.7	--	--	--	--	--	--	--
(-)-Epigallocatechin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 10	mg	0.5	--	0	0.47	0.47	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 11	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin 11	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin 4	mg	0.1	--	0.02	0.08	0.19	--	--	--	--	--	--	--
Kaempferol 4 7 11 12 13 14	mg	0.7	61	0.07	0	2.3	--	--	--	--	--	--	--
Myricetin 4 7 11 12 14 15 16	mg	6.2	65	0.57	0	24.5	--	--	--	--	--	--	--
Quercetin 4 7 11 12 13 14 15 16	mg	4.5	68	0.22	2.27	12.2	--	--	--	--	--	--	--
Isoflavones													
Daidzein 17 18 19	mg	0.02	--	0.03	0	0.05	--	--	--	--	--	--	--
Genistein 17 18 19	mg	0.06	--	0.1	0	0.18	--	--	--	--	--	--	--
Glycitein 19	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 17 18 19	mg	0.07	--	0.13	0	0.22	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 1 2 3	mg	2.9	--	0.43	2.2	3.56	--	--	--	--	--	--	--
Proanthocyanidin trimers 1 2 3	mg	2.2	--	0.49	1.2	3	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 1 2 3	mg	7.8	--	2.53	2.8	10.6	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 1 2 3	mg	7.2	--	4.38	0	10.86	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers). 1 2 3	mg	135.1	--	39.9	98.7	227	--	--	--	--	--	--	--

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